

Tarab Ling – A Study, Research and Retreat Institute in the Himalayas

Tarab Ling is preserving and promoting the universalities of Ancient Indian Inner-Science, practices and applications basic to the Indian spiritual traditions. It was founded by late Tarab Tulku Rinpoche who said, "If we were to realize how interrelated we are, we would take great care of the others, as they are part of ourselves". He completed his doctorate (Lharampa-Geshe) in Inner-Science at Drepung University, Tibet. Upholding the traditions of Nalanda University scholars, India (2nd–13th centuries), Tarab Tulku Rinpoche presented this study and investigation tradition into body, mind and reality from the point of view of Interrelated Nature of Existence/ Pratyasamutpada. He integrated his understanding of the modern day culture with his deep insights and developed a modern educational program beyond the limitations of country, culture and religion. He named this educational program, "Unity in Duality" (UD). Tarab Tulku Rinpoche officially presented his research in 2002 at The Interrelated Nature of Existence/ Pratyasamutpada International Conference in Munich, Germany, in the presence of a gathering of world-renowned scientist.



Main teaching building

Study and Research

Tarab Tulku Rinpoche taught UD for 20 years in western countries assisted by his principle student, Lene Handberg, who is presently the President of Tarab Ling. The institute's major focus is on studies and research into the interrelated nature of existence / Pratyasamutpada and its implementation in daily life. The education has 4 Modules.

- 1st Module: 4 courses extracts from the Inner-science schools;
- 2nd Module: 6 courses on Buddhist Psychology and UD Personal Development, Mandala and Dream work.
- 3rd Module: 3 courses, implementation in regard to others (therapy and art-of-relating).
- 4th Module: 3 courses as entrance to spiritual dimension.

Short-term Programs

Tarab Ling Institute, Dehradun, offers a series of short-term programs, which can be specifically designed according to the client's needs. Here are some examples of our short-term courses:

- UD programs designed for business in the areas of problem solving, professional development, specific working fields and groups.
- UD programs designed for students from different fields of study and institutes
- Meditation and yoga retreats
- Hosting international conferences related to Pratyasamutpada (*tendrel*)/ Unity in Duality and contemporary science

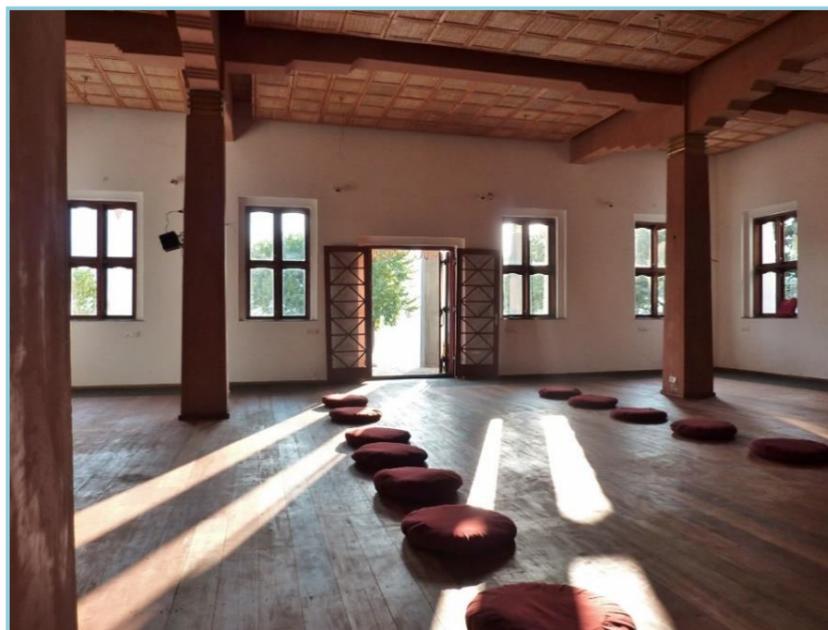
Individual study and retreats

Tarab Ling also offers accommodation for individuals for research, study or retreats.

For specific information on programs available and researches undertaken, short term programs and individual stays at Tarab Ling. See the full program at: www.Tarab-institute.org

Renting the Tarab Ling Premises

Tarab Ling invites organizations and institutions to organize teachings, conferences, yoga, retreats, and contemplations in its campus.



Conference/ lecture, multipurpose hall

The 200m² lecture/ conference/ multipurpose hall have a stage, excellent sound equipment and overhead projector. The big hall ground floor may be fitted with conference chairs, cushions or yoga mats as required. Equally so for the lecture/ workshop/ yoga room 1st floor of 88m²



Studio flat

Accommodation

On the campus there are three 240 m² two storied guesthouses, each with 8 studio flats with attach bathroom. The rooms will either have access to the garden or to two balconies. Two flats may be joined en suite if wished for. Flats have wood burning stoves for heating and each building has a 400 liter solar hot water supply.

Additionally there is a 260 m² two-storied house with 3 flats of 5 bedrooms in total to accommodate the teachers and resource persons, as well as additional guests.



Guest houses